

# Y.M.C.A.

There are many YMCA's in the New York area. This is a small sample of the prices at some of the more popular branches. Please contact your local YMCA for membership, financial assistance, and discounts that you may qualify for.

There are also family rates that apply. Contact your local Y to see if your family can benefit from the family rates.

**Bronx**  
Bronx YMCA - 2 Castle Hill Ave. (718) 792-9736

**Brooklyn**  
Bedford-Stuyvesant YMCA - 1121 Bedford Ave. (718) 789-1497  
Dodge YMCA - 225 Atlantic Ave (718) 625-3136  
Flatbush YMCA - 1401 Flatbush Ave. (718) 469-8100  
Greenpoint YMCA - 99 Meserole Ave. (718) 389-3700  
North Brooklyn YMCA - 570 Jamaica Ave. (718) 277-1600  
Prospect Park YMCA - 357 Ninth St. (718) 768-7100  
Coney Island YMCA (opening 2011) - 29th St. & Surf Ave.

**Manhattan**  
Chinatown YMCA - 273 Bowery St. (212) 912-2460  
Harlem YMCA - 180 West 135th St. (212) 281-4100  
McBurney YMCA - 125 West 14th St. (212) 912-2300  
Vanderbilt YMCA - 224 East 47th St. (212) 912-2500  
West Side YMCA - 5 West 63rd Street (212) 875-4100

**Queens**  
Cross Island YMCA - 238-10 Hillside Ave. (718) 479-0505  
Flushing YMCA - 138-46 Northern Blvd. (718) 961-6880  
Jamaica YMCA - 89-25 Parsons Blvd. (718) 739-6600  
Long Island City YMCA - 32-23 Queens Blvd. (718) 392-7932  
Ridgewood YMCA (reopening Spring 2009) (718) 417-3427  
Rockaways YMCA (opening 2010) - Rockaway Beach Blvd. & Beach 73rd St.

**Staten Island**  
South Shore YMCA - 3939 Richmond Ave. (718) 227-3200  
Broadway YMCA - 651 Broadway (718) 981-4933  
YMCA Counseling Service  
3911 Richmond Ave. (718) 948-3232

Location	Membership Type	Monthly Rate	Joiner's Fee	Summer Special From Sept. 7th
Bronx	Adult (18-64 years)	\$42	Unsure	\$225
	Senior +65			
McBurney's	Adult (18-64 years)	\$88	\$125	
	Senior +65	\$70	\$75	
Harlem	Adult (18-64 years)			
	Senior +65			
Prospect Park	Adult (18-64 years)	\$59	\$118	\$200
	Senior +65	\$47	\$118 (AARP Discounts 1/2 off)	
Flatbush	Adult (18-64 years)			
	Senior +65			
City-Wide	Adult (18-64 years)	\$93	\$125	
	Senior +65	\$75	\$125	

## New York City Recreation Centers

Center Type	Adults 55+	Adults 18-54
Recreation Centers	\$10	\$50
Recreation Center with Pool	\$10	\$75

**Red Hook Recreation Center**  
155 Bay Street  
Brooklyn, NY 11232  
Located in Red Hook Park  
Center Manager: Jackie Spann  
Deputy Center Manager: Sharon Williams/Dawn Cook  
Phone: (718) 722-3211 (718) 722-7105  
Fax: (718) 722-7341  
Cross Streets: Henry and Clinton streets



**Flushing Meadows Corona Park Pool & Rink**  
131-40 Fowler Avenue  
Flushing, New York 11368  
Located in Flushing Meadows Corona Park  
Phone: (718) 353-7853

**Chelsea Recreation Center**  
430 West 25th Street  
New York, NY 10001  
Center Manager: Jamil Phillips  
Deputy Center Manager: Nathalia I. Peralta/Lisa Brooks  
Phone: (212) 255-3705  
Fax: (212) 255-3706  
Cross Streets: 9th & 10th Avenues

**West Bronx CYO**  
1527 Jessup Avenue  
Bronx, New York 10452  
Center Manager: Jose Lopez  
Phone: (718) 293-5934  
Fax: (718) 293-5866  
Cross Streets: 172nd Street/Cross Bronx Expressway

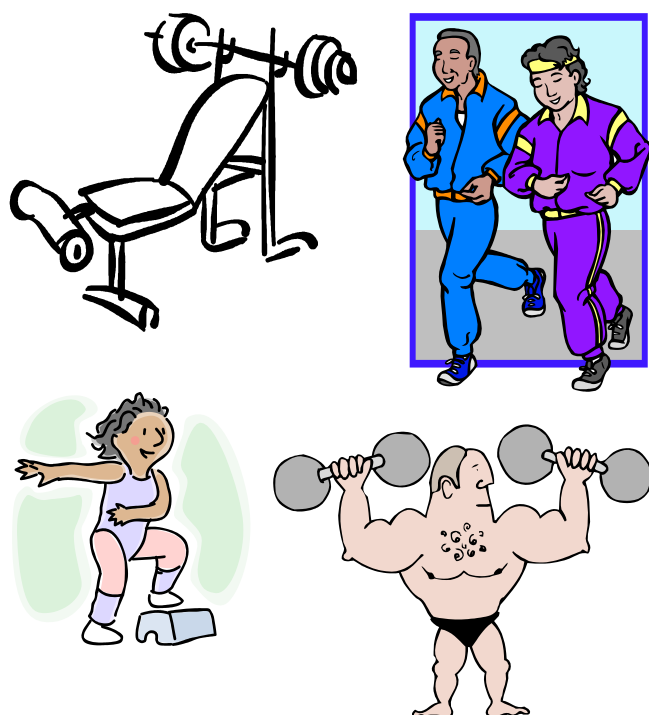
Visit <http://www.nycgovparks.org/befitnyc> to find a center where you live.

\*If you do not have internet access a nutrition staff member would be happy to help you.

Many recreation centers have a ton of activities and programs to help keep you fit and feeling great! Here is a small sampling of some of the activities offered around Manhattan.

- 50+ Adult Fitness
- Karate
- Beginner Pilates
- Senior Body Toning
- Jazz Aerobics
- Tai Chi
- Boot Camp Cardio
- Low-Impact Cardio
- Badminton
- Bocce
- Intermediate Belly Dancing
- Learn to Swim
- Senior Swim
- Latin Aerobics
- Ping Pong

Some of these classes are *FREE* for Seniors!



If you need help finding *ANY* exercise facility in your area please contact your GMHC Nutrition Staff.

Margaret Swift RD (212) 367-1263  
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